HOW TO:
LEVEL UP
IN 2023
LEARN HOW TO
IMPROVE:
PHYSICALLY
MENTALLY
EMOTIONALLY
SPIRITUALLY
& MORE

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Introduction

Hey. Thank you for being here. I love that you've taken a step towards bettering yourself and your life. As small of a step as it seems, it's still a move in the right direction. It shows that you care about yourself and the direction in which your life is going, and that you're ready to learn how to make a change. I'll be honest though: as much as I love you and I think you're amazing, I will be sharing some harsh truths with you. Throughout this book, I won't be holding back when I feel the need to tell you the truth. It may be hard to read at times; it may be difficult to take in but my heart is in the right place and it's all coming from a good place. As much as I think that you're an incredible human, I think it's important to tell you uncomfortable

truths that may not be the easiest thing to hear. It's crucial to be able to handle the truth, no matter how brutal it may seem. That is, if the truth is founded upon good intentions. That said, I hope you enjoy this book because it serves a vital purpose: it was created to help you on your journey of uncovering the best version of yourself. I'll try to keep this book short and sweet but nonetheless, there is no doubt that no matter how long it is, you will leave this book better than when you found it. So get comfortable, get ready and brace yourself for a wave of home truths, wake up calls, crucial reminders and valuable actionable steps you can take to recreating your entire reality.

Who is this for?

This book is for you if you're ready for the next chapter of your life. You've been playing small for too long. You've been sitting on the sidelines and watching other people flourish. You've been too afraid to stand up and make a change. This is for you if you're tired. This is for you if you're tired of being tired. You wake up, look around and you instantly know there is something better than this. There has to be. You just know that the misery that weighs down on you can't be the peak of your existence. You're convinced that you were created for more. You were created to be more and have more. This is for you if you're at your breaking point. You know that something has to change.

You know that you can't keep going on this way. You know that it can get a lot worse but you don't want to wait until that becomes a reality. This is for you if you look at other people killing it and living incredible lives, and you're ready to experience the same thing. You see that you can have the same reality if you take action. You know that if other people are thriving, you can too. This is for you if you can feel it in your soul. It's almost unexplainable but you feel a pull towards something better and greater than your current reality. You feel that your soul is tired. You feel that you absolutely need to change your life otherwise... you just don't know what you'll do.

The goal

By the end of this book, you'll know exactly what to do to change your current situation. You'll have a clear understanding of what went wrong and how to fix it so it doesn't happen again. I'm excited for you because it took a long time for me to grasp a lot of the information in this book. Don't get me wrong, if you're looking for a quick fix, this may not be for you. You'll have to face yourself. You'll have to face your demons. You'll have to confront the things that scare you deep down. It will take an element of work and effort. I'll get into the problems of this generation and how a lot of people seem to discredit the value of hard work. But for now, I'll tell you that if you want a magic pill

that will automatically fix your problems, you're in the wrong place. However, the gems I'll give you may resemble the simplicity of a magic pill but you still have to put in the effort because I can't do it for you. I can only give you this information of what has helped me with the hopes that you take it on board and use it to better yourself. But rest assured that by the end of this book, you'll know how to look your fears in the face and have them fear you.

Our society

The current state of society is a joke. Brutal but I promised complete honesty. I'll elaborate... It's insane to see how insecure, judgemental and lost most people seem to be nowadays. While I am not without my flaws, I look around and I wonder how everyone got so screwed up. I don't want this to seem like I dislike people in any way. In fact, I love people! I love seeing the beautiful side of humanity. I love knowing that as a people, we have the potential to do a lot of good in the world. We have the potential to create such a blissful world where everyone can live and flourish the way that they want. But unfortunately, we haven't arrived at this reality and the chances of this happening are

little to none. Go for a walk and look around. People don't interact with each other. People don't look out for one another. People are more concerned with what strangers online have to say about them. And this has crippled the self esteem and confidence of the majority of people. Most people are insecure about things that other people have influenced them to be insecure about. It seems as though nobody is their own person anymore. Someone says something and people just follow mindlessly. And with all the social media we have access to now, people are more lonely than they've ever been. It's ironic because the social aspect of social media doesn't really exist. I can honestly go on and on about everything that's

wrong with society and this generation but I don't want to dampen the mood because of all the good stuff you can look forward to in this book. But with all the information and guidance that exists on the internet, it's almost as if the endless choice of resources have made people lazy to the point where they won't put in the effort to better themselves. All I'll say is, don't be that person. Don't be that person that is spoilt for choice with the answers to improve their life but does nothing about it. We will get into the deeper problems of this later but just don't be that person. Don't get so comfortable in your misery that you can't be bothered to make a change. Because these people are everywhere. I was once that person

and honestly speaking, you may be that person right now but don't get me wrong, it's tempting to go back to your old ways. It's tempting to stay complacent so I won't pretend that I don't understand. I completely do. But it all comes down to your priorities.

Make a choice

That leads me to this question: would you rather stay where you are, knowing that you're miserable and each day feels like a chore, or would you rather take a chance to better yourself, and improve your situation and reality so you can be and have what you envision in your mind? It all comes down to what you want now versus what you want most. You can feel like eating junk food right now but in the long run, you know you want a healthy, strong body that won't break down and end up giving up on you. That's what life is. A series of decisions and consequences. Do you want x or y? And if you pick x over y, or vice versa, are you ready to deal with the consequences that come

with that decision? Whilst there are things in life that have a grey area, when it comes to self improvement, it's black and white. I hate to say it but it is. It comes down to whether you want to improve or not. The inbetween doesn't matter. I say this because when you look back over the last year of your life, do you vividly remember the reasons why you didn't do the things you were supposed to do in order to better yourself? Do you remember every single excuse? I can guarantee that you don't remember but do you know what you do remember? You remember whether or not you did it. You remember whether or not you chose to exercise. You remember whether or not you chose to be responsible with your money. You remember

whether or not you chose to feed your body with healthy, nourishing food. You remember whether or not you dedicated yourself to finishing an ongoing project. I can go on and on but I'm sure you get the point. The reasons - or in many people's case - the excuses don't matter in the long run. The only thing that matters is whether you do it or not. And that's the harsh reality of this game we call life. But now that you know this, will you use this to influence you the next time you want to make an excuse as to why you can't invest in your growth? Or will you waste more time telling yourself a list of reasons why you can't?

Your priority

Growing and improving needs to be your top priority. That's the whole point of life. We're here to enjoy our existence but above all, we're here to evolve and grow as people and as souls. Otherwise, what's the point? If you're not getting better and better, what's the point of life? To stay the same as where you were 10 years ago? To stay in the same position whilst life moves forward? Absolutely not. I want the best for you and I hope you want the best for yourself too. You can do better than this. You can do a lot better than the level you've been playing at and I think you've known that for a long time. That's why self improvement must be your top priority. Though,

I don't want you to misunderstand me. I don't want you to think that you shouldn't love yourself as you are now because you are worthy of love right now. But you mustn't forget that as much as you are enough right now, you are destined to have more and be more so you shouldn't get so comfortable that you stunt your growth. As life moves forward, you must move forward too. Otherwise, you'll technically be moving backwards. You need to step into the driver's seat of your life. You've been letting somebody else drive the car for so long that you don't even know how to take control anymore. YOU are in control of your life so you need to start acting like it. And you need to know that if you're not in the driving seat, someone else will be. And

that's a dangerous thing because you won't know where the car is heading. You need to assume the position and you need to do it now because you've wasted enough time already. In order to understand where you are, I think it's important for you to know where you've come from. It's time for us to take a quick look at your past and dig a little deeper so you may begin to comprehend why you're in your current situation...

Your past

I think a lot of people tend to disregard their pasts because after all, the past is the past. But what you need to understand is that things don't just happen. I believe in cause and effect. If you do x, then y will happen. I don't believe that things just end up the way they are 'just because'. For instance, you may have confidence issues because your value was never emphasised as much as it should be. You may have a lot of insecurities because you never learnt how to see yourself as more than enough. You may struggle with taking action because you want to avoid the same disappointment you have experienced in the past. Make sense? So I think it's important for you to be

honest with yourself about who you are and the things you struggle with right now. Whether it's negative thinking, laziness/procrastination, confidence issues, low self esteem, be honest about the struggles you face and reverse engineer where you think it might stem from. For me, for a long time I struggled with self esteem after I finished school because a lot of my validation came from teachers. I used to achieve high grades and this would lead to positive feedback from my teachers. However, I had no foundation of confidence so without that positive reinforcement, I struggled with knowing my value. So it was up to me to figure out who I was and the intrinsic value I possess without the positive opinions of other

people. I invite you to do the same because how you view yourself has a massive impact on how you treat yourself. Face your darkness. Stand up to understand the parts of yourself that you've locked away and show that part of yourself some love. It's one of the best things you can do for the parts of yourself that sit in the shadow: shed light on it.

Some harsh truths

If I'm honest, a lot of people find it hard to do the things that will benefit their growth because they don't believe they are worthy of it. Deep down, a lot of people feel so broken that the prospect that they could better themselves and completely change their lives, isn't comprehensible because they are so used to telling themselves that they don't deserve greatness. Not feeling like you're worth doing the work for is honestly such an upsetting situation. I say this because so many people are used to doing things for other people and doing it to the best of their abilities. A lot of people can go above and beyond for others but don't do the same thing for themselves. Take a

second to think about someone you love. Think about everything you would do for them in a heartbeat. You most likely have someone that you would run to at 4am if they needed you. But if you need to wake up at 4am to meditate, spend time in solitude, exercise or whatever the commitment is, I'm sure you would find that hard, right? But why is that? Why are you more committed to other people than you are to yourself? Shouldn't you be the first priority? Because it is only when you pour into your own cup first that you are able to pour into others'. Self love is everything, bestie. If anything, it's probably one of the most important piece of this entire puzzle. If you have self love, you can do anything. It affects your confidence,

your self esteem, how you talk to yourself, how you treat yourself, how you let other people treat you and more. It's super important. So if you take anything away from this book, let it be this: without self love, your life will be extremely difficult.

A wake up call

It's time for a quick wake up call. This section will be the equivalent of me holding your shoulders and shaking you so you can wake up to the reality of your life. I'll make a quick assumption: you're reading this because your life doesn't excite you. In fact, it does the opposite. It feels like a drag. Your everyday life feels like an endless chore that you have no choice but to partake in. You feel yourself having a deep dislike for your life but within this uncomfortable cycle of unhappiness and misery, you've found a little pocket of contentment. Your daily life feels rubbish and unpleasant but not too unpleasant because you look around and notice how other people are miserable too. So it feels

normal. It feels like it's *just the way it is*. If everyone is complaining about how they dislike their lives then it must be normal, right? Who do you know that is genuinely happy with their reality? Who do you know that is excited to wake up everyday? If everyone is unhappy then surely it must be normal and because it's not just you, you take some sort of pleasure in that. Misery loves company so because everyone is unsatisfied then in a weird way, you find comfort in that. Everyone is in it together so surely that means that unhappiness is normal. Well it's not! But unfortunately, this is the case with a lot of people. People find pleasure in complaining about their lives rather than doing something to change it. It's almost as if some people take pride

in who has it worse than others. Their lives are unbearable but not to the point where they want to change it. So they're comfortable with being uncomfortable, but not in a good way. How much longer do you want to live like this? Even though you're somewhat comfortable, it doesn't mean you're genuinely happy so how much longer will you go on like this? I'm not big on watching the news because of how much it lowers your vibration and makes you feel sad and fearful about the world, but turn on the news. Spend five minutes watching the news and make a note of what you take away from it. To put it simply, the direction in which the world is going in isn't pleasant. Recession, illness, poverty, depression - you name

it. For society at large, things are going downhill and they're going downhill fast. There has never been a better time to get a grip and get your life together. I say this because you need to wake up to the harsh reality of the world. Things are becoming more unpredictable and unstable and if you can't even get your own life together then you'll be sinking with the ship. GET IT TOGETHER. You literally have to snap out of your rut and start taking action. There are so many things happening in the world that you simply cannot afford to be playing small. You need to back yourself in every way - physically, mentally, emotionally, spiritually, financially and so on. This is not the time to start slacking. You must always be positive and

optimistic about your life because being the opposite won't help you. But I won't pretend that the world isn't going downhill right now. Although I am incredibly hopeful for the future, I believe that unless you start taking action now to become the best version of yourself so you can be a glowing example and influence for those around you and your future children, times will continue to be tough for you. I've told you what to do and why to do it but let's get into *how* you can do it.

Physical

Your body is your temple. But unfortunately, this concept wasn't communicated enough as a lot of us were growing up. It's so normal to eat rubbish food, drink alcohol/fizzy drinks and not exercise. Our bodies are our biggest allies. Through thick and thin, your body has been there. Your body has always had your back. Your body has always looked after you. Your body has always done everything possible to keep you alive so you can enjoy your human existence. But what do you do? Treat your body like trash. You neglect your body. You don't show gratitude to your body. You don't prioritise the wellbeing of your body. You don't go out of your way to make sure your body is okay.

What would you do if a person treated you like that? What would you do if you were constantly going out of your way for someone, looking after them when they're sick, supporting them no matter what they did and they didn't appreciate any of it or even acknowledge what you were doing? I'm sure that would sadden anyone. It's actually heartbreaking but this is how most people are treating their bodies everyday. You need to start being appreciative and grateful for the endless things your body does for you everyday. Don't be that person that decides to care about looking after their body when it's too late. Don't wait until your body gives up on you. Start now. Here's a few ways you can start:

Eating a balanced, healthy diet

I like to eat a vegan plant based diet, however this doesn't work for everyone. Not everybody feels the benefits of eating in this way so you should find what works for you and run with it. There is no size that fits all so as long as you aren't consuming processed food that has no benefit to your body then that's a great start. Do your research, incorporate natural, nourishing foods into your diet and have fun with it.

Drinking water

I personally don't drink anything other than spring water but that's what works for me. Start replacing sugary, unnatural drinks with water and you'll start

to feel more energised. I find that I have clearer thoughts and I don't feel so heavy all the time. The quantity depends on what you can handle. Sometimes, especially in the summer, I would try to drink a gallon but in the colder months, I tend to drink less. Nonetheless, I would say that the most important thing would be to replace the unhealthy drinks with water. The quantity and type of water depends on you.

Exercise/movement

You need to find a type of movement that you genuinely enjoy doing and keep doing it. Exercising has been branded as something that you have to go to the gym to accomplish but that couldn't be

any further than the truth. Walking, jogging, dancing, playing a sport and so on, all constitute a type of exercise. I love putting in my earphones and going for a long walk. It doesn't even feel like exercise but that's what it is. Our bodies were built to move so figure out what you like to do and make it enjoyable. It's not supposed to be a chore. In fact, exercise is the least we can do to show love to our bodies.

Mental/Emotional:

One of the main things you need to understand to upgrade your mentality and emotional capability is that you are in control. No matter what feeling or thought surfaces, it doesn't matter. What matters most is that you always have final say. You get to decide what thoughts you entertain and the ones you don't. You get to decide what emotions will have an influence over you and the ones that won't. It all comes down to realising that you are the boss and you always have been. There is no such thing as your thoughts having control over you. It has always been the other way round. You are the observer of your thoughts. You are the observer of your emotions. Think of your thoughts

as visitors and your mind as your home. YOU get to decide who gets to stay and who has to go. You can experience a thought that suggests that you're 'not good enough'. First of all, just because you have a thought doesn't make it true. Secondly, you can decide that, that thought has to go because it serves no purpose to you. Be the boss because you genuinely are. Choose to not entertain those unhelpful thoughts and they will show themselves out. When you experience a thought that tells you that you're amazing and you deserve the world, keep that thought. Nurture it. Show it some love and it will bring its friends. It will attract similar thoughts that are aligned in nature. You'll start to see thoughts that tell you that you are worthy of

extraordinary things, that you are capable of unimaginable things, that you are destined to be incredible, and so on. Start to think of your mind like a garden where you can grow the most beautiful flowers. Allow the gorgeous empowering flowers to grow and throw away the unhelpful weeds that want to sprout from time to time. Over time, it will get easier. Before you know it, your dominant thoughts will be uplifting and inspiring, and your mind will begin to be an incredible place to be. The same principle is true for your emotions. The same way you are not your thoughts, you are also not your emotions. Allow your emotions to teach you more about yourself and what you need to work on. If you find yourself being triggered by a

certain situation, view the problem objectively. Your triggers are your teachers. Try to understand why you feel the need to react a certain way and figure out how you can improve. At first, this can be a very hard thing to do because throughout our lives, we have identified ourselves with our emotions. We often say 'I am sad', 'I am angry' and so on but that is not true. We are not our emotions; instead we experience our emotions. Allow yourself to experience your emotions because that's exactly what they are: experiences. You are merely the observer. An easy way you can start to implant new ideas and thoughts in your head is by reciting affirmations. Affirmations are an amazing way you can change the way you think in a short space of

time. Any belief or idea you have about yourself started off as a thought. Thoughts are the foundation of your belief systems and the reason why you don't feel like the confident queen you were born to be. Here are some affirmations you can use to shift the way you think so you can start to improve the way you view yourself:

I am a queen

I am royalty

I am extraordinary

I love myself

I love everything about myself

I am in love with myself

I am everything I've always wanted

I am gorgeous

I am beyond the definition of beauty

I am amazed every time I look in the mirror

My face is so mesmerising

I get lost in my eyes

I am enchanting

I am God's favourite

The Universe blesses me abundantly because I

am worth it

I am destined for greatness

There is nothing I cannot do

Everything I do is successful

I can't get enough of myself

I exude Goddess energy

I turn heads wherever I go

Everything I touch is successful

I am so inspiring

I radiate angelic energy wherever I go

I am an asset in the lives of those around me

My existence is a blessing to the world

I am such a rare beauty

My potential is limitless

I am constantly getting better and better

I am irreplaceable

The world is my oyster

I excel at everything I do

I am the centre of my reality

I am the main character

I carry myself like royalty

Everything about me is irresistible

Spiritual:

A lot of people are so out of touch with their inner selves and I think it's one of the reasons why so many people are lost in life. You need to connect with your soul and remember the beautiful essence of who you are. You are much more than an insignificant part of this world. You are a powerful soul with boundless potential to do amazing things. Spending time in solitude will help you to remember this. You are magical. You are ethereal. You are godly. And there is nothing you cannot do. When you allow yourself to spend time with yourself, unbothered and without distractions, you'll start to see how incredible you naturally are. You come from the same source that created the

whole of this existence and it's time for you to connect with this power. Be still and meditate. Close your eyes and let go of everything that weighs down on you, and you'll start to see how much none of it matters. All that matters is who you are deep down, beyond your ego and all the worldly things that we were brainwashed into thinking is more important than it actually is. Go for a walk in nature and feel the gratitude of being alive. Look at the grass, the trees, the sky and the birds. Realise that the gift of life has, unfortunately, been devalued and start to show love for life again. Look how filled with joy little kids are and realise that you were once like that. Return back to that state. Go back to your core and start to feel that bliss again.

Financial:

As much as I used to say that money doesn't matter, in this world it does. There are so many opportunities that you will have access to as the amount of money you have increases. While not everyone will be extremely rich, that's completely fine and to be honest, not everyone can be (or should be). What matters is having enough money to comfortably live the life you want to experience. Because of this, it's time for you to start learning about finances. It's something that was never taught in schools which has led to a lot of people having difficulties dealing and managing their money. I am not a financial adviser in any capacity, however I do recommend using the endless

resources on the internet to help you to better your financial situation. We have a lot of information at our disposal and it's up to us to use it to improve our lives. Be smart about what you do with your money because as I mentioned earlier in this book, the decisions you make now will impact your future. So get clear on the type of life you want to live, understand the financial requirements that come with it and take action to make it a reality for yourself.

Social:

As I mentioned previously, social media has not led to people being more social. In fact, it has made people feel more alienated and lonely than ever. However, we are social creatures. I believe that socialising is an important part of human existence and even human preservation. Not too long ago, I read about the nature of the places that have the most centenarians (a person that is more than 100 years old) in the world and they all mention that they all value having communities and bonds with people. They like to do activities together, help each other, spend time with each other and so on. So it's proven that having strong social bonds has a big impact on your lifespan. And to be honest,

I see the truth in that because it's such a lovely feeling to be surrounded by like minded people who love and support you. So don't be afraid to put yourself out there to create new bonds with people. Find like minded people and build relationships with them. It can be daunting and it's definitely something I'm still working on but often times, people want to make new friends but feel resistance within themselves because they think that their actions or intentions won't be reciprocated. But fear doesn't exist, so don't let it stop you! So the next time you think someone is cool and you want to befriend them, shoot your shot shamelessly because they may welcome this and it could be the start of a beautiful friendship.

Intellectual:

Learning and building on your knowledge shouldn't be something that is exclusive to formal education. When you leave school, you shouldn't leave education behind. We should always be learning and improving our knowledge. Reading books, listening to podcasts, watching lectures, going to seminars are all ways you can get a wealth of knowledge. It can be about anything but as long as you're making an effort to learn, your brain will continue to get stronger and healthier. As we all know, our brain is a muscle so we shouldn't neglect it, because it will get weaker in your older years if you don't exercise it in your younger years.

Character:

No matter what you look like or what you can do for someone, one of the main things that will be remembered by people is your character. Who you are says a lot and it can take you a lot further than money, status or any of that other stuff that doesn't matter in the grand scheme of life. Working on your character can be one of the hardest things to do, especially if you've never taken the time to analyse yourself before. Character traits like honesty, loyalty and generosity are incredible traits to have. I respect a person that has strong morals and principles because it defines who they are which is important. Have you ever heard the saying: 'if you stand for nothing, you will fall for

anything'? This phrase is so true because if you don't know who you are and what you stand for, you can be influenced and persuaded into doing anything. You need to be your own person and figure out what is important to you. Without the influence of mass media, social media, society and so on, figure out who you are and what you care about. Once you do this, stand by these beliefs and don't be swayed by the often irrelevant viewpoints of others. Have your own little manifesto, if you will, and never deviate from those things. It's time for you to carve out your own identity.

Relationships:

Relationships are a big part of life and it's vital to know how to flourish in each type. From friendships to romantic relationships, you need to know how to have a healthy level of communication, love and understanding. With romantic relationships, you can find out what each other's love languages are so you know how to show each other love in the most ideal way depending on each person's needs. I even recently found out that you can even find out what your apology language is, so you know how to effectively apologise to someone for something you've done wrong in a way they will be fond of. There are many resources that you can refer to online that will give you a wealth of

information regarding how you can work with the other person to create a flourishing relationship. Nevertheless, don't neglect working on this part of your life even though its importance isn't emphasised as much as it should. Knowing how to have healthy friendships, romantic relationships and even bonds with your family is a crucial skill that you can get better at.

Quality of life:

Apart from work/school, scrolling on social media, watching TV/Youtube mindlessly, judging yourself harshly, procrastinating, what does your life look like? Are you truly living a fulfilling life or are you filling your time with distractions that are wasting your life away? Without all the distractions, what is your life? It's time for you to start living. You need to start living as though all those distractions didn't exist. What would you have done 100 years ago if you were bored? You would actually get up and do something. Drawing, playing tennis, learning how to play the piano - it can be anything. But just do something. If you take away all those distractions, most people wouldn't know what to do or how to

do it. So many days, months and years of your life have gone by because you've given it away to useless activities that don't fulfil you. Get up and start living your life properly.

Final motivation

Life is very easy when you know who you are, know what you want and do the things you need to do regardless of how you feel or what thoughts occasionally pop into your head. You can do this, I know you can. You just need to believe that you can. Remember how special you are. Remember that you deserve the world and everything good that comes with it. But don't allow yourself to be complacent. You can do better than what you've been doing. Don't get sucked into the misery of other people. If others don't believe they are worthy of living extraordinary lives then that's on them. But the moment you decide to think in the same way, then that's on you. Allow your light to

shine bright even if it disrupts other people's insecurities. Don't settle for an unfulfilling life because it's the 'norm'. You were created by an ethereal source to do magical things. Never forget that. Nothing is off limits - the world is yours. So start acting like it. Don't allow yourself to wake up in 10 years with deep resentment for yourself because of how much time you've wasted doing nothing to advance or better your life. Because unfortunately, at that point, the only person you will be able to blame is yourself. The pain of growth is much better than the pain of regret so it's up to you. As I said before, it's simple - either you make a change or you don't. But make peace with the consequences that will follow if you don't. The choice is yours, bestie.